



Garam Masala Quinoa Burger with Raita

Makes: 4 Servings

“I have watched my mom and grandma make all sorts of delicious food in the kitchen with an Indian twist since I was born,” says Shreya. “I have been helping them cook since I was three. I love to mix, measure, chop, and even clean up afterwards. My grandma and I came up with this recipe together because we both love sandwiches. We make this recipe often to take to school for lunch or even on picnics with friends.”

Ingredients

1 cup cooked garbanzo beans

1/2 cup cooked quinoa

1/4 cup chopped kale

1/4 cup peeled and chopped onion

Nutrition Information

Nutrients	Amount
Calories	379
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	1 mg
Sodium	550 mg
Total Carbohydrate	58 g
Dietary Fiber	10 g
Total Sugars	10 g
Added Sugars included	6 g
Protein	15 g
Vitamin D	0 mcg
Calcium	177 mg
Iron	4 mg
Potassium	616 mg

N/A - data is not available

MyPlate Food Groups

	Vegetables	1 cup
	Grains	3 ounces
	Dairy	1/4 cup

1 small boiled potato

1/2 teaspoon garam masala

1/2 teaspoon ground cumin

1/4 teaspoon peeled and grated fresh ginger

1 garlic clove, peeled and minced

1/4 teaspoon grated serrano chile pepper

1/4 cup panko breadcrumbs

Salt and pepper to taste

2 tablespoons olive oil

1/2 cup Greek yogurt

1/4 cup grated cucumber

4 whole-wheat buns

Sliced tomatoes

Baby spinach leaves

Directions

1. **Coarsely chop the garbanzo beans** in a food processor or by hand. In a large bowl, combine the chopped garbanzo beans with the quinoa, kale, onion, potato, garam masala, cumin, ginger, garlic, Serrano chile pepper, and breadcrumbs. Season to taste with salt and pepper. Stir the mixture thoroughly and form into 4 round patties.
2. **In a large sauté pan**, heat the olive oil over medium heat. Add the patties and cook, flipping once, 5 minutes per side, or until brown and crispy.
3. **Meanwhile, in a small bowl**, combine the yogurt and cucumber. Season to taste with salt and pepper.
4. **To assemble the sandwiches**, place the patties on

the whole-wheat buns, and top with the raita, tomato, and spinach leaves.

Notes

State: Illinois

Child's Name: Shreya Patel, 9

Source: The 2015 Healthy Lunchtime Challenge Cookbook